

31 Jan 05

From: Officer in Charge, Fleet Aviation Specialized
Operational Training Group, Atlantic Fleet,
Detachment, Brunswick

To: All medical officers responsible for screening
candidates for SERE instructor duty.

Subj: MEDICAL SCREENING FOR SURVIVAL, EVASION, RESISTANCE,
AND ESCAPE (SERE) INSTRUCTOR DUTY

Ref: (a) MILPERSMAN 1306-900
(b) MILPERSMAN 1306-955
(c) OPNAVINST 1500.75A

Encl: (1) SERE Instructor Medical Disqualification Criteria
(2) Medical Questionnaire
(3) Medical Officer's Interview Guide
(4) Sample Notification of Results of Medical
Screening

1. **Purpose.** This guidance is intended to streamline and consolidate the various medical criteria that apply to medical screening of SERE instructor candidates.

2. **Background.** Survival, Evasion, Resistance, and Escape (SERE) instructor duty is mentally and physically challenging and requires personnel to operate independently and maintain responsibility for student safety in remote settings under extreme environmental conditions. Per ref (c) SERE Training is classified as high-risk training.

3. **Policy.** Given the mentally and physically stressful nature of SERE instructor duties it is necessary that SERE instructor candidates be medically fit and physically capable of handling the rigors involved in this type of work. Candidates must also demonstrate exceptional maturity and possess high levels of mental and emotional stability.

4. Per ref (b), candidates for SERE instructor duty must complete a medical examination using the criteria for Antarctic "Operation Deep Freeze" screening with some exceptions. Encl (1) contains the criteria that apply to SERE instructor duty. Conditions listed are considered disqualifying.

5. Encl (2), the Medical Questionnaire, will be completed, dated, and signed by each SERE instructor candidate and

forwarded to the medical officer conducting the medical record review and interview.

6. Encl (4), Notification of Results of Medical Screening must be completed by the screening medical officer and faxed to the SERE psychologist for review at least 30 days prior to transfer. Fax# (DSN) 476-2438, (COM) 207-921-2438

SERE Instructor Medical Disqualification Criteria

From NAVMED P-117 Medical Examinations Article 15-64, Antarctic "Operation DEEP FREEZE" Change 107 29Oct92

The following conditions are considered disqualifying for SERE instructor duty:

- (a) **Nose.** Recurrent or unresolved epistaxis.
- (b) **Lungs and Chest Wall**
 - (1) Chronic obstructive pulmonary disease, diagnosed by x-ray or pulmonary function test, of any etiology.
 - (2) Acute bronchopulmonary infection, until resolved.
 - (3) Reactive airway disease or asthma.
- (c) **Heart and Vascular System**
 - (1) Hypertension requiring two drug therapies for control. Evidence of progressive target organ damage.
 - (2) Paroxysmal dysrhythmia, **e.g.**, paroxysmal atrial tachycardia, and conduction abnormalities reflecting underlying heart disease.
- (d) **Abdominal Organs and Gastrointestinal System**
 - (1) Chronic or active peptic ulcer disease, diverticulitis,
 - (2) Symptomatic chronic or recurrent biliary tract disease or pancreatitis.
 - (3) Unrepaired inguinal, umbilical, or femoral hernias other than class 1 & 2.
 - (4) Frequently or severely symptomatic hemorrhoids must be repaired.
- (e) **Endocrine and Metabolic Disorders**
 - (1) Diabetes mellitus.
 - (2) Any endocrinopathy requiring close monitoring and adjustment of exogenously administered hormones.
- (f) **Genitalia and Urinary System**
 - (1) History of urinary tract lithiasis.
 - (2) Chronic or acute pyelonephritis or glomerulonephritis.
 - (3) Significant dysmenorrhea or menorrhagia.
 - (4) Pregnancy.
- (g) **Musculoskeletal**
 - (1) Chronic or frequently recurring lumbosacral pain or unresolved back injury.
 - (2) Instability of the knee or ankle.
 - (3) Post traumatic or post surgical arthralgia or ankylosis of the hip, knee, or ankle.
 - (4) Recurrent dislocation of the shoulder.
- (h) **Neurological Disorders.** Any seizure disorder.
- (i) **Psychiatric**
 - (1) History or manifestations of psychosis, permanent brain syndromes, significant neuroses or psychophysiologic disorders, and personality disorders.
 - (2) Subjects without formal psychiatric diagnosis who have experienced chronically or intermittently conflictual relationships, intolerance for environmental stress, a pattern of marginal performance, injudicious consumption of alcohol or other intoxicant substances, abhorrent sexual maturation, or similar identifiable potentials for psychosocial maladaptation.

- 3) Recovering alcoholics requiring continued professional support. A minimum of 1 year of sobriety is required.
- (j) **Dental**
 - (3) Dental classifications other than class 1.
- (k) **Systemic diseases and miscellaneous conditions**
 - (1) Allergic manifestations which require allergy immunotherapy (AIT). This may be waived if the AIT can be discontinued while in the Antarctic. This interruption in desensitization therapy must be voluntary on the part of the individual and only upon the advice of the individual's allergist.
 - (2) Any disability significantly limiting physical activity
 - (3) Any malignant neoplasia not considered to have been cured. This includes malignancies currently in remission.
- (l) **Body fat.** Clinical obesity. The examining physician will determine if the candidate is obese according to height, weight, and body build and general physical condition. Military candidates will be subject to current directives applicable to their branch of service.

MEDICAL QUESTIONNAIRE
(from OPNAVINST 1500.75A, 18 Nov 04)

PRIVACY ACT STATEMENT

1. Authority: 5 U.S.C. 301, Departmental Regulations and E.O. 397.
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2. Principle Purpose: To assist in determining physical suitability for duty as a high-risk instructor.
3. Routine Use: The information will be used by the candidate's commanding officer (or designated representative) to elp verify physical and emotional stability.
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4. Disclosure: Voluntary; however, failure to provide the information may disqualify the candidate for high-risk or instructor duty.

(NAME: Last, First, Middle)

(DATE)

(Rank/Rate)

(COMMAND)

This questionnaire is to be completed by the instructor candidate and forwarded to competent medical authority, i.e. Medical Officer, Physician Assistant, Nurse Practitioner (family practice), or Independent Duty Corpsman, conducting the medical Screening. The candidate should explain any "yes" answers in the section provided for comments on the reverse side.

Physical Health Problems (Have/Are you):	Yes	No
1. Any health problems not in the health record?	___	___
2. Consulted a civilian health care provider in the previous year?	___	___
3. Currently taking any prescription medicines?	___	___
4. Ever appeared before a medical board?	___	___
5. Had a history of stress-related conditions?	___	___

Emotional Problems (Have/Are you):	Yes	No
1. Ever sought or been referred for psychological counseling?	___	___
2. Ever threatened or attempted suicide?	___	___
3. Ever threatened to hurt another person?	___	___
4. Any history of irrational fears or phobias?	___	___
5. Any history of depression or recurrent anxiety?	___	___
6. Ever been told that you have a bad temper?	___	___
7. Currently under care for any psychological disorders?	___	___
8. Ever been diagnosed with a personality disorder?	___	___

Interpersonal Relationships (Have you):	Yes	No
1. Ever been charged with spouse or child abuse?	___	___
2. Any past or pending family advocacy investigations?	___	___

Substance Abuse (Have you):	Yes	No
	___	___

Enclosure (2)

1. Ever been diagnosed with alcohol abuse or dependence?
2. Ever been involved in alcohol or drug-related incidents?
3. Undergone any substance abuse rehabilitation program/treatment?

Comments: _____

I hereby certify that the information stated above is true and complete to the best of my knowledge.

(SIGNATURE)

(DATE)

MEDICAL OFFICER'S INTERVIEW GUIDE

(from OPNAVINST 1500.75A, 18 Nov 04)

The following are suggested topics for the medical interview. For any issues that are not resolved to your satisfaction during the interview, refer for specialty consult or evaluation. Look for signs of stress or annoyance in the candidate when discussing these issues, especially regarding abusive behavior and substance abuse.

Interpersonal Relationships/Job Adjustment

1. Have you ever been referred to a physician or chaplain due to personal or work-related stress that adversely affected your performance?
2. Have you any history of spouse/child abuse or suicidal behavior?
3. Have you experienced any anxieties or phobias that have caused you to be removed from a particular work environment?

Mental/Physical Health

1. Have you consulted a civilian health care provider within the past year?
(If appropriate, the medical reviewer should obtain records from the civilian physician.)
2. Are you currently taking prescription medications? Will the condition affect your ability to perform duties?
3. Have you ever gone before a Medical Board? *(A copy should be available in the candidate's health record.)*
4. Is there any documented history of psychological or physiological reaction to stress, tension, vascular headaches (recurrent), upper respiratory symptoms, and unstable hypertension? *(Explore any history of emotional problems that would suggest vulnerability to maladaptive stress coping, such as adjustment (situational) disorders, depressive episodes, recurrent anxiety.)*
5. Have you ever been concerned at any time about your emotional health or ability to cope with stress?
6. Have you ever sought psychological counseling by a physician, psychologist, priest, social worker, etc.?
7. Have you threatened suicide or any other self-destructive behavior?
8. Have you ever threatened to hurt another individual?
9. Have you ever experienced persistent irrational fear or phobias such as flying, high places, confined spaces, water, etc.?
10. Do you have a problem with anger, recurrent anger, or controlling anger?

Substance Abuse

1. Have you ever consume alcohol during work hours or come to work hung over, requiring a referral for competency for duty?
2. Have you ever been referred for evaluation for substance abuse?

3. Have you ever been involved in an alcohol-related incident?
4. Have you ever had concern about your drinking pattern or experienced guilt or remorse for behavior that occurred while drinking?
5. Has alcohol ever caused any family, personal, or work difficulties?
(Specifically address driving under the influence (DUI's), fights, quarrels, and tardiness or missing work.)
6. Do you have a history of drinking excessively?
7. Do you drink early in the day?
8. Has anyone criticized your drinking pattern or advised you to change your drinking pattern?
9. Have you ever-experienced blackouts?

Abuse History

1. Was the candidate abused as a child (physically, emotionally, or sexually)?

Documented History of Impulsive Behavior

1. Is there any evidence of untreated alcohol abuse or alcohol dependence?
(At least 1-year post treatment with an adequately documented recovery program is required prior to accepting orders as a High-risk Instructor).
2. Has the candidate ever been diagnosed with a personality disorder?
3. Is there a pattern of other impulse control problems? Ex: Reckless driving, impulsive spending, indebtedness, gambling problems, sexual indiscretions, fighting, unauthorized absences, saying things in anger that later have to be retracted, etc.

RESULTS OF MEDICAL SCREENING

(Date)

From: OIC, Branch Clinic or SMO, Ship
To: SERE Psychologist, FASOTRAGRULANT, BRUNS DET.

Subj: RESULTS OF MEDICAL SCREENING FOR SERE INSTRUCTOR
DUTY ICO: _____

Ref: (a) MILPERSMAN 1306-900
(b) MILPERSMAN 1306-955
(c) OPNAVINST 1500.75A

1. The requested screening and interview have been completed in accordance with Refs (a), (b), and (c).
2. Information does/does not indicate that there are potentially disqualifying factors in the instructor's medical history. The candidate is/is not suitable for high-risk instructor duty.

Comments: _____

(Signature)